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## Alcoholism and Women

While research has shown that alcoholism is the number one health problem in the nation, fewer people are aware of the heightened impact on women's health. Men and women respond differently to alcohol addiction, not only in their family lives, but also in their physical reactions.

Recent studies have shown:

- Because women metabolize alcohol less effectively than men, they may be at higher risk for developing alcohol-related problems at lower levels of consumption than men.
- Compared with men, women with drinking problems are also at an increased risk for depression, low self-esteem, relationship problems, and drinking in response to life crises.
- The death rate among women alcoholics is higher than among males because of their increased risk for suicide, alcohol-related accidents, cirrhosis and hepatitis.
- Women develop cirrhosis of the liver at a much lower cumulative dose of alcohol than men do, and remain at increased risk of disease progression even after abstinence.
- Women with alcohol problems are less likely than men to seek help initially in alcoholism.
- Never-married, divorced and separated women generally have the highest rates of heavy drinking and drinking related problems.

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If you think you or a loved one may have an alcohol problem, help is available through your Employee Assistance Program (EAP). Simply call ComPsych® GuidanceResources® at: **1-888-355-5385** for confidential help 24 hours a day, 7 days a week, at no cost to you or your immediate family.

More information about alcoholism & other life issues is available online. Go to: [www.GuidanceResources.com](http://www.GuidanceResources.com). "First Time Users" will be prompted for your company's ID **MC2003**, to register and create your own username and password.